

**ARE  
THEY  
TRIPLE  
OK?**

**We're always there there to help.  
Let's make sure we help each  
other and ask R U OK?**

**Ask R U OK?  
or something like this:**

"How are you travelling?"

**No, I'm not OK.**

**Dig a bit deeper:**

"What's been happening?"

"How long has that  
been the case?"

"I'm ready to listen if you want to talk."

**Yes, I'm fine.**

**But your gut says they're not:**

"It's just that you don't  
seem like yourself lately."

"I'm always here if you want to chat."

"Is there someone else you'd  
rather talk to?"

**Listen with an open mind**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

**Make time to check in:**

"Let's chat again next week."